

## USDA National Nutrient Database for Standard Reference Release 28

## Statistics Report 01227, Cheese, dry white, queso seco

Report Date: December 09, 2015 19:44 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <sup>1</sup>	g	42.17	--	1.057	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Energy	kcal	325	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Energy	kJ	1361	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Protein <sup>1</sup>	g	24.51	--	1.117	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Total lipid (fat) <sup>1</sup>	g	24.35	--	0.424	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Ash <sup>1</sup>	g	6.93	--	0.135	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carbohydrate, by difference	g	2.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Sugars, total <sup>1</sup>	g	0.55	--	0.199	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Sucrose <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fructose <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Lactose <sup>1</sup>	g	0.25	--	0.250	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Maltose <sup>1</sup>	g	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Galactose <sup>1</sup>	g	0.30	--	0.085	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	661	--	53.541	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Iron, Fe <sup>1</sup>	mg	0.18	--	0.009	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Magnesium, Mg <sup>1</sup>	mg	27	--	2.276	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Phosphorus, P <sup>1</sup>	mg	475	--	34.718	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Potassium, K <sup>1</sup>	mg	116	--	4.445	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	1808	--	69.542	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Zinc, Zn <sup>1</sup>	mg	3.28	--	0.161	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Copper, Cu <sup>1</sup>	mg	0.027	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Manganese, Mn <sup>1</sup>	mg	0.018	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Selenium, Se <sup>1</sup>	µg	22.4	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Vitamins</b>													
Thiamin <sup>1</sup>	mg	0.038	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Riboflavin <sup>1</sup>	mg	0.230	--	0.017	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Niacin <sup>1</sup>	mg	0.083	--	0.014	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Pantothenic acid <sup>1</sup>	mg	0.398	--	0.013	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin B-6 <sup>1</sup>	mg	0.091	--	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Choline, total <sup>1</sup>	mg	18.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Betaine <sup>1</sup>	mg	0.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin B-12 <sup>1</sup>	µg	1.70	--	0.113	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, RAE	µg	226	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Retinol <sup>1</sup>	µg	223	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, beta <sup>1</sup>	µg	33	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Carotene, alpha <sup>1</sup>	µg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Cryptoxanthin, beta <sup>1</sup>	µg	2	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin A, IU	IU	800	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Lycopene <sup>1</sup>	µg	0	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin <a href="#">1</a>	µg	4	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.49	--	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, beta <a href="#">1</a>	mg	0.00	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, gamma <a href="#">1</a>	mg	0.04	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Tocopherol, delta <a href="#">1</a>	mg	0.00	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Vitamin D (D2 + D3) <a href="#">1</a>	µg	1.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	1.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin D <a href="#">1</a>	IU	73	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Vitamin K (phylloquinone) <a href="#">1</a>	µg	1.5	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
<b>Lipids</b>													
Fatty acids, total saturated	g	13.718	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0 <a href="#">1</a>	g	0.507	--	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
6:0 <a href="#">1</a>	g	0.399	--	0.017	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
8:0 <a href="#">1</a>	g	0.253	--	0.008	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
10:0 <a href="#">1</a>	g	0.585	--	0.020	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
12:0 <a href="#">1</a>	g	0.662	--	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
14:0 <a href="#">1</a>	g	2.179	--	0.078	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:0 <a href="#">1</a>	g	0.228	--	0.009	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:0 <a href="#">1</a>	g	6.095	--	0.154	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:0 <a href="#">1</a>	g	0.143	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:0 <a href="#">1</a>	g	2.593	--	0.051	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:0 <sup>1</sup>	g	0.038	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:0 <sup>1</sup>	g	0.013	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:0 <sup>1</sup>	g	0.009	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total monounsaturated	g	6.418	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
14:1 <sup>1</sup>	g	0.167	--	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
15:1 <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 undifferentiated <sup>1</sup>	g	0.411	--	0.022	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 c <sup>1</sup>	g	0.336	--	0.019	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
16:1 t <sup>1</sup>	g	0.075	--	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
17:1 <sup>1</sup>	g	0.046	--	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated <sup>1</sup>	g	5.744	--	0.084	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 c <sup>1</sup>	g	5.109	--	0.077	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:1 t <sup>1</sup>	g	0.635	--	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:1 <sup>1</sup>	g	0.041	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 undifferentiated <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 c <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:1 t <sup>1</sup>	g	0.000	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
24:1 c <sup>1</sup>	g	0.003	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total polyunsaturated	g	1.244	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
18:2 undifferentiated <sup>1</sup>	g	1.006	--	0.031	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 n-6 c,c <sup>1</sup>	g	0.705	--	0.035	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 CLAs <sup>1</sup>	g	0.134	--	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:2 t not further defined <sup>1</sup>	g	0.167	--	0.005	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 undifferentiated <sup>1</sup>	g	0.119	--	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.110	--	0.007	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:3 n-6 c,c,c <sup>1</sup>	g	0.009	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
18:4 <sup>1</sup>	g	0.006	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:2 n-6 c,c <sup>1</sup>	g	0.007	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 undifferentiated <sup>1</sup>	g	0.030	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:3 n-6 <sup>1</sup>	g	0.028	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:4 undifferentiated <sup>1</sup>	g	0.037	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
20:5 n-3 (EPA) <sup>1</sup>	g	0.009	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:4 <sup>1</sup>	g	0.009	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:5 n-3 (DPA) <sup>1</sup>	g	0.017	--	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
22:6 n-3 (DHA) <sup>1</sup>	g	0.002	--	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010
Fatty acids, total trans	g	0.877	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Fatty acids, total trans-monoenoic	g	0.710	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2010
Cholesterol <sup>1</sup>	mg	78	--	2.459	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2010

**Sources of Data**<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD